

Minehead to Westward Ho! (Exmoor and North Devon): 87 miles

Crossing the rugged high moors and woods of Exmoor National Park before passing the surf beaches of Woolcombe and the around the sheltered Taw and Torridge Estuary.

- [Minehead to Porlock Weir](#) 9 miles
- [Porlock Weir to Lynmouth](#) 12 miles
- [Lynmouth to Combe Martin](#) 13 miles
- [Combe Martin to Woolacombe](#) 13 miles
- [Woolacombe to Braunton](#) 15 miles
- [Braunton to Instow](#) 13 miles
- [Instow to Westward Ho! \(via Bideford\)](#) 11 miles

Westward Ho! to Padstow (Hartland and North Cornwall coast): 78 miles

Considered by many as the toughest, but one of the most spectacular weeks of the walk. South of Hartland Point the coastline has been shaped by the full force of the Atlantic resulting in dramatic cliffs and a switch back of hills and valleys to cross.

- [Westward Ho! to Clovelly](#) 11 miles
- [Clovelly to Hartland Quay](#) 10 miles
- [Hartland Quay to Bude](#) 15 miles
- [Bude to Crackington Haven](#) 10 miles
- [Crackington Haven to Tintagel](#) 11 miles
- [Tintagel to Port Isaac](#) 9 miles
- [Port Isaac to Padstow](#) (river crossing) 12 miles

Padstow to St Ives (Cornwall's Atlantic coast): 66 miles

Heading west, this section of Coast is a mix of rugged wild cliff tops interspersed with headlands, surf beaches and estuaries.

- [Padstow to Porthcothan](#) 13.5 miles
- [Porthcothan to Newquay](#) 11 miles
- [Newquay to Perranporth](#) 11 miles
- [Perranporth to Portreath](#) 12 miles
- [Portreath to Hayle](#) 12 miles
- [Hayle to St Ives](#) 6 miles

St Ives to The Lizard (the far west of Cornwall): 69 miles

Walking around the tip of Cornwall, passing through the Cornish Mining World Heritage Site this is a week of contrasts. Starting with the beautiful St Ives, you are soon out on to a remote and wild section of coast. After passing Land's End the south coast sheltered valleys have a semi-tropical feel to them, before you once again come out onto the wilder landscape of the Lizard peninsula.

- [St Ives to Pendeen](#) 14 miles
- [Pendeen to Sennen Cove](#) 9 miles
- [Sennen Cove to Lamorna](#) 12 miles
- [Lamorna to Marazion](#) 9 miles
- [Marazion to Porthleven](#) 11 miles
- [Porthleven to The Lizard](#) 13 miles

Lizard to Par (South Cornwall): 72 miles

Overall, this length of coast is probably less difficult and less strenuous to walk than many other lengths of the Coast Path (although still has some taxing sections). It has numerous intimate little bays, picturesque fishing villages and some quite prominent headlands.

- [The Lizard to Coverack](#) 11 miles
- [Coverack to Helford](#) (River crossing) 13 miles
- [Helford to Falmouth](#) (River crossing) 10 miles
- [Falmouth to Portloe](#) 14 miles
- [Portloe to Mevagissey](#) 12 miles

- [Mevagissey to Par](#) 12 miles

Par to Torcross (South East Cornwall, Plymouth and the South Hams): 94 miles

This section of coast stands out for the beauty of its estuaries (mostly crossed by ferries), interspersed with a mix of wild and more gentle farmed landscapes, and of course the historic port of Plymouth.

- [Par to Polperro](#) 13 miles
- [Polperro to Portwrinkle](#) 12 miles
- [Portwrinkle to Plymouth](#) (River crossing) 13 miles
- [Plymouth to River Yealm](#) (River crossing) 15 miles
- [Wembury to Bigbury-on-Sea](#) (River crossing) 14 miles
- [Bigbury-on-Sea to Salcombe](#) (River crossing) 14 miles
- [Salcombe to Torcross](#) 13 miles

Torcross to Seaton (South and East Devon): 72 miles

This section runs along easterly facing coasts and has a softer landscape with a mix of farms and seaside resorts. The area is famous for its geology and you pass through the English Riviera Geopark and the start of the Jurassic Coast World Heritage Site.

- [Torcross to Dartmouth](#) 10 miles
- [Dartmouth to Brixham](#) 11 miles
- [Brixham to Babbacombe](#) 11 miles
- [Babbacombe to Exmouth](#) 16 miles
- [Exmouth to Sidmouth](#) 13 miles
- [Sidmouth to Seaton](#) 11 miles

Seaton to South Haven Point (Dorset's Jurassic Coast): 92 miles

A stunning section of path with amazing geology and scenery as you walk along the Jurassic Coast World Heritage Site. Near Weymouth you have a choice of

routes, either stay on the coast or follow the South Dorset Ridgeway through one of the UK's most significant ancient ceremonial landscapes.

- [Seaton to Seatown](#) 14 miles
- [Seatown to Abbotsbury](#) 12 miles
- [Abbotsbury to Ferry Bridge](#) (Wyke Regis) 11 miles
- [Ferrybridge around Isle of Portland](#) 13 miles
- [Ferrybridge to Lulworth](#) 14 miles
- [Lulworth to Worth Matravers](#) (through Lulworth Ranges) 14 miles
- [Worth Matravers to South Haven Point](#) 14 miles
- Alternative route between West Bexington and Osmington along the [South Dorset Ridgeway](#) 17 miles